



CHAPTER 9 IN BALANCE

**“Happiness is not a matter of intensity,
but of balance, order, rhythm, and harmony.”**

- Thomas Merton

In a work of art, balance allows you to resonate with it, to enjoy it and be able to appreciate the work. Even if it evokes disturbing emotion, balance will be used to provoke that, as in asymmetrical balance. Balance or resonance is what you are looking for in life.

Balance, as a principle in life, is best understood through the Law of Reciprocity. Reciprocity is the flow between giving and receiving (not getting). When you are out of balance, it is either because you are more into giving than receiving or the other way around, or you feel some lack in your belief in yourself. That’s when ego comes in; overcompensating for what is out of balance.

Beyond the Box is work that helps you move beyond your limited thinking. Although the past is considered, it is not the focus of the work. Beyond the Box starts at that point of understanding you are no longer a victim of circumstances and that you can take charge of your life. It is teaching you to use creative thinking, which is thinking thoughts you have never thought before, along with the expanded thinking, which is understanding and using the Universal Principles along with creative thinking.

Mastering the art of life is about balance. It's one of the core principles in the program. Have you ever noticed that you may be proficient in one arena of your life, and feel out of control in another? Time is often one of those challenging areas. Saying there's not enough time to do_____, or always running late, or putting off things of importance on your to-do list. These are examples of being out of balance in proportion to the other areas of your life. This is about striving for equilibrium.

Here is a quiz you can use to see where you might be out of balance in your life.

Answer **2** for Yes, usually, **1** for Sometimes, and **0** for Not really.

Balance Quiz

<u>Section 1 - Caring</u>	<u>Score</u>
1. I am involved in community activities.	___
2. I recycle and conserve energy.	___
3. I brush my teeth and have good hygiene.	___
4. I care about people and things around me.	___
5. I am involved in the financial care of myself.	___
Total	___
<u>Section 2 - Contemplation</u>	
1. I relax or take quiet time 10 to 20 minutes every day.	___
2. I am at peace with myself.	___
3. I don't bite or pick my nails.	___
4. I don't feel overly stressed from day to day.	___
5. I stop throughout the day and pay attention to my breathing.	___
Total	___
<u>Section 3 - Sensing</u>	
1. I take walks in nature.	___
2. I give myself treats or presents.	___
3. I like being with people.	___
4. I avoid extremely noisy areas.	___
5. At times, I like to be alone.	___
Total	___
<u>Section 4 - Eating</u>	
1. I drink fewer than five soft drinks per week.	___
2. I avoid fats and sugar in my diet.	___

- 3. I avoid fast foods. _____
- 4. I eat only when I'm hungry. _____
- 5. I eat two to five fresh fruits and vegetables a day. _____

Total _____

Section 5 - Exercise

- 1. I climb stairs, rather than take the elevator. _____
- 2. I have an exercise plan and follow it. _____
- 3. I enjoy stretching and moving my body. _____
- 4. I learn new ways of caring for my body. _____
- 5. I pay attention to how my body feels. _____

Total _____

Section 6 - Feeling

- 1. I allow myself to experience a full range of emotions. _____
- 2. I have several close friends. _____
- 3. I express my feelings for others. _____
- 4. It is easy for me to laugh. _____
- 5. I feel okay about crying when I'm sad. _____

Total _____

Section 7 - Thinking

- 1. It is easy for me to concentrate. _____
- 2. I notice when my thoughts are influenced by things around me. _____
- 3. I am creative. _____
- 4. I can find a solution to most problems. _____
- 5. I know when I am judging things around me. _____

Total _____

Section 8 - Playing and Working

- 1. I enjoy expressing myself through art, dance, sports, etc. _____
- 2. I am satisfied with my abilities to work. _____
- 3. I have people around me who support my playfulness. _____
- 4. I sometimes allow myself to do nothing. _____
- 5. I have at least one hobby or interest for pleasure. _____

Total _____

Section 9 - Communicating.

- 1. I consider what I am going to say before I say it. _____
- 2. I communicate clearly with friends and family. _____
- 3. I am a good listener. _____
- 4. I enjoy good conversations with others. _____
- 5. I admit my mistakes when I am aware of them. _____

Total _____

What were your scores in each section? The tool at the end will help you utilize them. This is not about accomplishing the ‘very best’ in each one. You are looking for overall balance. At times in my life, such as when I told my son I had been around teenagers all week and he was feeling neglected, I was giving more attention to my career than my family life and my health. I can see now that being out of proportion in one area of my life led to some of my health challenges. Also, I am a very social person and the Law of Sacrifice comes into play. Sometimes, you need to let go of some things, such as social time, in order to accomplish a goal. That’s not always my first choice, but sometimes, I need to do that to create balance in my life. And on the other hand, sometimes, you need to let go of time working, to have social time.

Taking Stock of Your Answers

Notice the highest and the lowest scores. This is not to get the highest numbers. You want to bring all of these things into balance, within range of each other. If you have a really high number in one section, and a really low number in another section, you may need to put less emphasis on the high activities (you probably have those well in hand), and more time into the lower numbers, bringing everything into balance.

Types of Balance

Looking to the art principles, there are several kinds of balance. There are symmetrical, asymmetrical, and radial. Symmetrical balance is where all sides are evenly weighted. Asymmetrical balance is where, although the space may be divided up differently, there still is a sense of balance. For example, if there is a larger space that is open and vast, and a small section with lots of texture and visual weight, the two areas can draw about the same amount of attention. Radial balance centers around a central point, and the design radiates out like a mandala. And all of these design definitions can also apply to your life or to a project.

Symmetrical: is my work balanced by my fun? Or, asymmetrical: is the intensity of my work balanced by greater attention to a more relaxed area of my life? And radial: is there a center that influences all of the aspects of my life?

Clutter is a common problem for many people. Various types of balance can be applied to clutter. When I work on projects, or even when I'm producing my coaching calls, I work in what many people would call a cluttered environment. I have several books open on my desk and resources from my files flying around. For me, it's part of my creative process. I think about this idea of asymmetrical balance. This creative chaos doesn't usually bother me, but when it does get to the point of bothering me, I do stop and clean it up. Remember this is also about balance in the arena of time, so I have to consider the amount of time that I have to do these things in the course of the week. This is how it works for me. A pile here, a notebook open there, and then things start getting stacked on them. That's when I say to myself, "Whoa, back up here," and get myself organized as quickly as possible. If I balance that to the rest of my life, it doesn't matter which kind of balance I use. I do, however, need to pay attention to make sure the clean-up process stays within the limits of time I have for business and not let it leak into taking care of myself, or my family time.

I have always loved cheetahs. I find I have a similar quality to them, sprint and rest. As I am getting older, the rest and recovery time is getting longer. I was on a retreat in Hawaii, and we were swimming with the turtles. I started looking at that turtle energy. I said, "You know what? I'm going to take on that turtle energy, which is the pull and glide." The cheetah habit still works for some things, and the pull and glide works for others. Either way, I get to pay attention to my overall balance.

Understanding the Law of Vibration

Remember in Chapter 2 about Line; in creating the life you love living you first must have a feeling that matches what you would love. This is where most people get confused with the Law of Attraction versus the Law of Vibration. Now, *The Secret* talked about the Law of Attraction, and taught that if you create an image of it, then you will be able to manifest it. Many people created vision boards and waited for things to happen. For the people who tuned in vibrationally, the feeling of it, it did happen for them. But the piece of this that is so important, and it is the primary principle here, is the Law of Vibration. You have to *feel* it before you see it. You have to *be* it within not only your imagination, but within the very cells of which you are made before it comes *to* you. The principle of balance is actually going to help you create the foundation to bring your life design into the world.

Consider how the wind works. The wind doesn't blow; it is pulled into the low-pressure front. This is about having a feeling of what you want to become: *I am the woman who expresses brilliantly in the world.* That's a vibrational frequency. You may feel you first have to know how you will get there. That idea of needing to know how is actually the main thought that stops you not only from accomplishing your masterpiece, but in even dreaming it. The Universe has *so* many more different "hows," and when you try to squeeze out the answer through your little thinking mind, it limits the quantum field out there, and you begin to limit yourself and the possibilities that the Universe wants to provide.

Now, "steps in the direction" are very different from the how. Taking a step in the direction toward what you would love creates an action within the quantum field that notifies the Universe, the Divine, that this is the direction in which you are moving, and it creates a pull toward your vision. I was coaching a woman who asked me if it would get in the way of her life design if she took a job at Walgreen's. I asked her if that would help her towards her dream. "Well, it will help me pay my rent." I

said, “Yes, take the job!” We all take many steps that may not even look like they are moving us in the right direction. This is a good time to use your PGS. But even with baby steps, you can climb Mt. Everest. Many baby steps can take you to your dream, but pay attention to the *thoughts* that can take you in a different direction. If so, stop those thoughts, and don’t just walk, *run* back in the direction toward your life design!

At the end of my son’s second year of college, the university closed down. At first, it seemed devastating, and he was angry. But, the professors at the school realized they needed to build their portfolios at that time and decided to make a film. My son was invited to work on it. Then, my son thought beyond the box of just working on a film. He asked us if he could use a semester’s tuition money to help produce the movie. When we look at what he was able to do, gain more than classroom education, we said yes. He was able to turn his personal disaster around and have a beautiful outcome that took him so much closer to what he wants in the world, and I am so happy for him. He could have stayed in his anger and left to come back home and sulk. He had already taken all of the necessary filmmaking classes. But, he remained with his professors to work on the movie, learned so much more, and had a great experience. It won many festival awards. He now has credits in IMDb for making movies as a producer, designing special effects, and various other things.

Let’s take a deeper dive into vibrational frequency. Generally, people’s brains think in pictures. When you hear the word “door,” you don’t see the letters D-O-O-R. I imagine a purple door; you’ll probably see whatever your front door is. You manifest through your image as well. Your thoughts create images, and the images move through your passion, your emotion, and that is what’s going to propel your idea into you taking action. Then, just like the wind, everything you need (such as people, resources, and new ideas), moves to support you to make that happen and come into being. As long as you get out of the way. That’s how these principles work. That’s the principle of the Law of Vibration. This is why you write out a very clear and detailed vision encompassing

all senses, a full visual sketch of your life, to get your brain to produce the frequency match, and why you read it every day, as if it has already taken place. This keeps the vision of your dream clear and the vibration high.



Law of Reciprocity

~ What goes around comes around.

“For every visible form, there is an invisible counterpart. This means that what we receive corresponds to what we imagine and believe we can receive, the law of Mental Equivalents. This is also the Golden Rule: that what we do to others will be done also to us, the Law of Cause and Effect.” - Ernest Holmes

Tool: Wellness Tool

Use the numbers you scored in each section and fill in the grid. Look for the area that is the average:

Now see which ones are high and which ones are low. Take the lower ones and set some goals to raise those. Take the higher ones and think of ways you can take some focus or time away (in a healthy way) to bring it closer to your average. Everyone will have a different place that is their average.